



WELL^{AWARE}



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In This Issue

- DelaWELL University – 2010
- *Eat This, Not That*
- VSP Eyecare Observance Article
- The Fitness Guru
- Medco's Informational Websites
- American Heart Month
- Delaware Hospice – *Living at Work*
- ONGOING EVENTS

Contact DelaWELL

<http://www.delawell.delaware.gov>

1-800-556-6106

EMAIL: Employee.wellness@state.de.us

StayWell

<https://delaware.online.staywell.com>

1-800-926-5455

Contact Statewide Benefits Office

www.ben.omb.delaware.gov

1-800-489-8933 OR (302) 739-8331



Individual Pizza

Ingredients

- 2 long whole-grain rolls
- 1/2 cup pizza sauce
- 4 ounces cooked turkey slices
- 1/4 cup grated reduced-fat mozzarella cheese
- 1/4 cup grated reduced-fat cheddar cheese
- 1/4 cup green pepper, thinly sliced
- 1/4 cup onion, thinly sliced

Directions

Preheat oven to 475 degrees. Cut rolls in half and spread pizza sauce over each half. Top with turkey, cheese, and vegetables. Bake for 15 minutes or until cheese is melted.

Serves four

Each serving contains about 167 calories, 4 g fat (22 percent calories from fat), 18 mg cholesterol, 357 mg sodium, and 18 g carbohydrates.

For more great healthy recipes, visit StayWell Online at <https://delaware.online.staywell.com>



Graduate to a higher level of health!

Register today to attend the last two health seminar topics!

Topic #3: A New Year For A New You: Weight Management & Balanced Nutrition

(Offered January – February 2010)

Topic #4: Spring Into Fitness

(Offered March – April 2010)

Attend each of the four different health seminar topics and receive a “DelaWELL University Diploma” signed by Governor Markell to commend your outstanding commitment to health education and be entered into a random drawing for your chance to **win a FREE, 3-month YMCA Family Membership** (generously donated by the YMCA of Delaware).

To register for a **FREE** health seminar near you, visit www.delawell.delaware.gov and click on the “Health Seminars” link. (Employees Only)

Eat This, Not That



Try This

Heinz® No Salt Added Tomato Ketchup

Serving Size: 1 Tbsp

25 calories, 0 grams of fat, **5mg sodium**

- Available at Shoprite,

- WalMart and shopping.yahoo.com.



Instead Of That

Heinz® Tomato Ketchup

Serving Size: 1 Tbsp

15 calories, 0 grams of fat, **190 mg sodium**

Ketchup consists mainly of tomatoes and tomatoes are good for us. So, it must be healthy, right? Well, the biggest problem with ketchup is that it is high in sodium. One tablespoon can contain up to 190 milligrams of sodium and it's rare that someone only uses one tablespoon. Next time you adorn your hamburger, fries, sandwich, or grilled/fried meat with ketchup, try a lower sodium option like Heinz® No Salt Added Tomato Ketchup instead of regular ketchup.

VSP Eyecare Observance Article



American Heart Month

Read **"Blurry Eyes or Ballistic Blood Pressure"**

Read how one patient learned a life-saving diagnosis from a routine eye exam. Blurry vision brought him in; high blood pressure finally got the attention it deserved.

Group Health Insurance Program – Did you Know?

When it comes to health coverage eligible employees have a choice; Blue Cross Blue Shield of Delaware (BCBSD) or Aetna to be their provider. Upon enrollment each employee/member receives an identification card which should be presented when services are received; i.e., doctor visits; lab tests; hospital visits. Additional information about the medical plans can be found at <http://ben.omb.delaware.gov/medical/index.shtml>.

Employees enrolled in a health plan are considered to be members of the State's Group Health Insurance Plan and are automatically eligible to receive pharmacy benefits, as provided by Medco and services through the Employee Assistance Program (EAP) as provided by HMS.

Medco provides members with an identification card that should be presented when receiving medication at a pharmacy. Although there is no cost to the member for participation in the prescription plan, the member is responsible for the applicable co-pay. Additional information on the prescription plan can be found at <http://ben.omb.delaware.gov/script/index.shtml>

Members may seek EAP services, including counseling services for a wide range of personal & work concerns by calling HMS at 1-800-343-2186 or visit their website at <http://ben.omb.delaware.gov/eap/index.shtml>.

Dental Program Providers

When it comes to dental coverage eligible employees have a choice; Dominion Dental or Delta Dental to be their provider.

The Dominion Dental Health Maintenance Organization (DHMO) plan emphasizes prevention and early detection of dental problems and the benefits include no charge, except co-pays, for oral examinations, routine semi-annual cleanings, bitewing x-rays and topical fluoride for children.

The Delta Dental plan allows members to select a dentist of their choice as dentists choose to participate in the Delta Dental Premier network, Delta Dental PPO network, or not to participate at all. It is the dentist's level of participation with Delta Dental that determines the members cost savings. To learn more about each of these dental plans visit <http://ben.omb.delaware.gov/dental/index.shtml>.

Eligibility and Enrollment Rule 10.01 provides guidance for the dental plan provided to employees and pensioners. As no State funds are provided for the dental plan, employees and pensioners are responsible for the entire cost of coverage via payroll deductions taken from each pay cycle during the plan year. An employee's or pensioner's election in the dental plan is binding for the plan year unless there is a qualifying event, as described in Eligibility and Enrollment Rule 4.07(e).

An employee on approved leave of absence without pay may choose to have coverage dropped or to continue coverage by making full payment of premium by the end of the month to his/her Human Resources/Benefits Office OR employee may choose to waive coverage by notifying his/her Human Resources/Benefits Office during absence from work. When the employee returns to work participation must be reinstated effective the first of the month following the employee's return to work to complete the plan year's binding election. The Eligibility and Enrollment Rules are available at http://ben.omb.delaware.gov/documents/eer_110109.pdf.



E-mail the fitness guru with your question at employee.wellness@state.de.us for a possible posting in next month's issue.



The Fitness Guru Says...

Question of the Month: Do you have any tips on how to protect my back while working?

Dear Employee,

If you're like most adults, you've probably suffered from temporary back pain, but chances are it could have been avoided. The National Institute of Health says that about 80% of people develop back problems at some point in their lives. People who work in certain occupations, such as nursing, are likely to have back pain, but so can folks who work in an office environment if they don't take preventive action to protect their backs.

The following strategies can reduce your risk:

Lift Properly

- Don't overestimate your strength and attempt to lift objects too heavy for you.
- Take it slow. Avoid jerky or twisting movements.
- Keep your feet shoulder-width apart to give yourself a stable base of support.
- Bend at your knees (never at the waist), pull in your stomach muscles and keep your back straight.
- Position the weight close to your body, not at arm's length.
- Don't twist. If you need to change direction, point your toes in the new direction and pivot.
- Get help if the object is too heavy or awkward.

Adjust your workstation

Set up your workstation to avoid stress on your back by adjusting your chair height, so you can reach your computer keyboard without stressing your back or shoulders. Use a lumbar support and adjust your chair so your knees are level or slightly higher than your hips. Place your computer monitor and keyboard directly in front of you.

Stay active

Avoid sitting in one position for extended periods of time. Your back craves movement, so make it a point to take a break every hour to get up and stretch. Doing so will strengthen the muscles in your back and lubricate the spine.

Back pain can also be a sign of other problems. See your health care provider if your back pain does not go away or you have other conditions, including numbness or tingling, severe pain that doesn't improve with rest and/or pain after a fall or an injury. For more information, visit StayWell Online at <https://delaware.online.staywell.com>. Click on "Health Center" and then select "Back Care."

Stay Fit!

F.G. (a.k.a. Fitness Guru)

A wealth of information is at your fingertips through Medco's websites

You know Medco as the company that manages your prescription drug benefit. But did you know Medco has convenient websites to better serve you *and* the community? Here are a few examples:

► **GiveHealthAHand.org**

Every day, Americans fall through the cracks of the healthcare system. Some lack the means to pay for their medicines; some do not know which drug to take or which drugs are safe to take with others. The Medco Foundation through **GiveHealthAHand.org** supports activities that educate and inform the general public about health, wellness and medicine safety issues. This includes providing individuals, including State of Delaware members, with the opportunity to help other people get healthy. You can “give health a hand” by visiting the website to learn about health-related volunteering opportunities in Delaware, find valuable health-related information to share with family and friends and more.

► **The Medco Health Store™**

This service provides you with a convenient and affordable online drugstore, which allows you to shop by specific condition or product category to stock your medicine cabinet with the items you need. The Medco Health Store gives you access to more than **22,000** non-prescription health, wellness and personal care products in categories including:

- allergy
- bath and body
- dental care
- first aid
- antacids
- cosmetics
- diet and nutrition
- vitamins

Simply visit www.medco.com and click on the Medco Health Store link. If you're a first-time visitor, please take a moment to register using your member ID number and a recent prescription number. Please note products purchased through The Medco Health Store are not covered under your prescription drug benefit. Members are responsible for the full cost.

► **medco.com®**

Once registered at www.medco.com, you'll have a tool to help manage your prescription drug benefit and lower your medication costs. It's easy to get started and completely secure. Through the website, you can:

- Order prescription refills and check order status.
- Discover ways to save money on your medications, such as using generics and mail order.
- Look up information about your medications and your prescription drug benefit.
- Locate participating retail pharmacies.
- Ask a pharmacist questions anytime, day or night.

And there's more. As a registered member, you get secure, instant access to your personal prescription records. Plus, you'll have access to easy-to-use planning tools to:

- View a financial summary of your prescription expenses, which is helpful during tax time; and
- Review your prescription history to share with your doctor.

You can also visit **My Rx Choices®** at www.medco.com/choices to quickly and easily identify potential cost-saving alternatives for medications you take on an ongoing basis. The **My Rx Choices** prescriptions savings program will show you how much you could save by using lower cost alternatives available under you plan, such as generics and preferred brand-name drugs, or by using the Medco Pharmacy. If you're a first time visitor to the website, you'll need to register using your member ID number and a recent prescription number. If you don't have Internet access, you can call Member Services at **1-800-939-2142** to price medications.

American Heart Month

Cardiovascular diseases, including stroke and heart attack, are our nation's No. 1 killer.

What are the major risk factors that you can modify, treat or control by changing your lifestyle or taking medicine?

- Tobacco Smoke
- High Blood Cholesterol
- High Blood Pressure
- Physical Inactivity
- Obesity and Overweight
- Diabetes

For more information, visit www.americanheart.org



Heart Disease is the #1 Killer Among Women

Friday, February 5, 2010

Celebrate National Wear Red Day by wearing red to show your support for women's heart disease awareness. Everyone can participate in the national movement by wearing their favorite red dress, shirt, tie or Red Dress Pin.



DelaWELL is pleased to announce their continued partnership with Delaware Hospice by providing a new support program called:

“It’s How You LIVE... At Work”

~A FREE SERIES OF THREE SPECIAL INFORMATION SESSIONS~

February 2010:

Session #1- Dispelling The Myths About Hospice: Overview Of Available Programs

- ◆ *Deciding When It’s Time For Hospice Care* ◆ *Role Of Hospice And Bereavement Services* ◆ *Transitions Program: Living With A Serious Illness And Help Before Hospice* ◆ *New Hope Program: Children And Teens Grieve Differently; Support Before And After Loss* ◆

March 2010:

Session #2- Aging Well: Mind, Body & Soul (Caring For the Caregiver)

- ◆ *A Seven Minute Relaxation Exercise* ◆ *How To Better Care For Yourself, Including Your Diet* ◆ *What You Can Expect As A Caregiver, What You Can Do And Available Resources* ◆ *Coping With Stress And Developing Better Communication Skills* ◆

April 2010:

Session #3- Medical Decisions When They Count Most: Advanced Directives

- ◆ *How Communicating What Care You Want In Case Of A Healthcare Emergency Can Help Ease Emotional Stress Within Your Family* ◆ *The Importance Of Expressing Your End Of Life Wishes And How To Properly Document Them* ◆ *A Complete Review Of Delaware’s Advanced Directives Form* ◆

In the **FREE** series of information sessions, Delaware Hospice’s professional staff will share their expertise in grief counseling and caregiving and offer information and suggestions that will prepare you for meeting such challenging situations, wherever and whenever they arise. Participants will also have the opportunity to participate in a special random drawing for a chance to win a “**Comfort Basket**” filled with great giveaway items like relaxation CD’s, hand sanitizer, lotions and chocolate all compliments of Delaware Hospice, Inc.

To register for an information session nearest you, visit www.delawell.delaware.gov and click on the “Information Sessions” link.
(Employees Only*)

Ongoing Events:

- Register today for DelaWELL University’s last two seminar topics by going to www.delawell.delaware.gov and clicking on the “Health Seminars” link!
- Register to attend Delaware Hospice’s “It’s How You LIVE... At Work” information sessions! Visit www.delawell.delaware.gov and click on the “Information Sessions” link.

ePay - view your payroll information online at <https://phrstrapd.spo.state.de.us/>.

ePay Announcements – view benefits news, WELLAWARE newsletters and more ... at <http://omb.delaware.gov/epay/announcement.shtml>.